



MOUSSAKA-STUFFED TOMATOES

Serves 4-8 (makes 8 tomatoes)

Moussaka Ingredients:

1 Aubergine
8 large beef tomatoes
Olive oil
1 small onion, finely chopped
2 cloves of garlic, finely chopped
400g minced beef (non-meat see end of recipe for alternative)
2 teaspoons ground cinnamon
A pinch of dried oregano
4 tablespoons tomato puree
100ml of red wine
Fresh flat-leaf parsley, finely chopped
Fresh mint, finely chopped
Sea salt and black pepper

Béchamel Ingredients:

20g butter
20g flour
400ml milk
1 egg
A pinch of freshly grated nutmeg
4 tablespoons of grated Kefalotyri or Parmesan cheese

Moussaka Preparation

- Preheat the oven to 200C/Gasmark 6. Slice the aubergine in half lengthways and score a crosshatch pattern into the exposed flesh. Drizzle with olive oil and sprinkle lightly with salt before placing into the oven for around 35 minutes or until the flesh is dark and easy to break with a fork
- While the aubergine is baking wash the tomatoes and slice off the tops to create a lid - set them aside as you'll need them later
- Scoop out as much as the tomato pulp as possible, being careful not to damage the flesh

- Chop the pulp finely and drain, saving the juices. Place the empty tomatoes cut-side down on a tray until you need to use them
- Cover the bottom of a large saucepan with olive oil and heat up on a medium temperature. Add the garlic and onion and cook until soft but not letting it brown
- Increase the heat and add the minced beef along with the cinnamon, oregano and tomato puree and cook until the mince has browned
- Scoop the softened flesh from the aubergine and add to the mixture in the saucepan along with the insides of the tomatoes that you saved and the wine. Simmer for 5 minutes until the cooking juices have reduced
- Season with salt and pepper and leave to cool

Béchamel Preparation

- Melt the butter in a pan then add the flour a small amount at a time, combining with a whisk
- Once all the flour is added and combined with the butter, add the milk a little at a time, continually whisking until the ingredients have formed a thick paste with a nice, light golden colour. Remove from the heat and beat in the egg
- While still whisking, add the nutmeg and the grated cheese and mix until all combined, thick and smooth
- Cover the pan with a lid to prevent a skin from forming and leave to one side

Assembly

- Set the oven temperature to 180C/Gasmark 4
- Turn the empty tomatoes the right way up and fill them with your meat sauce: leave a space of around 3cm to the top or they might split while cooking. Place the tomatoes in a snug-fitting baking tin (if you don't have a small enough tin and the tomatoes are able to move around don't worry! You can fill in the gaps with potato slices)
- Spoon some of the béchamel over each stuffed tomato and top with one of the lids that you cut off at the start of the dish preparation
- Drizzle a little olive oil over the tomatoes and pour in a little water to the baking tin and bake, uncovered for 30/35 minutes until the tomatoes are soft
- Remove the tomatoes from the oven and allow them to cool for 5 minutes before serving.

Καλη σας ορεξι!

